

COVER STORY:
**GARDEN
ACCENTS
FOR YOUR
HOME**

**IMPRESS
YOUR
GUESTS
HOLIDAY
ETIQUETTE
101**

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Confess your trespasses to one another, and pray for one another, that you may be healed. The effective, fervent prayer of a righteous man avails much – James 5:16

Publisher's Point of View



I is the season for families and communities to gather and offer thanksgiving to each other; a time for gift-giving to those less fortunate, and a time for holiday feasting and personal reflections. The holiday season is a magical time and family traditions are observed that began years before. It's also important to remember the significance of life and optimal health. Keep that in mind while celebrating the season.

Outlook on health™ Communications wishes all of our readers a wonderful holiday season and the best of health. Visit our website at www.outlookonhealth.com



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\$HOP 'til You Drop



Have you ever noticed how your emotions can sometimes kick into overdrive when the holiday season approaches? BUY ONE, GET ONE FREE! 50% OFF! CLEARANCE! SALE! These announcements tend to get people's attention and make them excited about spending money. I bet you are already thinking about those special individuals on your holiday shopping list.

Countless hours can be spent thinking about what types of gifts to buy your loved ones. In addition to the time spent thinking about what gifts to purchase, you may begin to analyze your life - thinking about your successes and unrealized goals. As a result of these intense emotions, you can sometimes find yourself spending money you don't have.

The amazing thing about shopping is being so excited that you pay little attention to the amount of money you are spending. At the moment this takes place, you are allowing emotion to overrule logic. I am sure you have heard it said, "When you can control a person's thinking, you can control their actions." My question is, "Are you being controlled or are you in control?"

During this holiday season, if you find yourself in a department store being overwhelmed by all the fancy signs,

bright lights, scents, and eager sales people, stop and think, and ask yourself these questions:

- (1) *What is my limit for holiday shopping?*
- (2) *Should I spend money on gifts or should something else have a higher priority?*
- (3) *If I didn't have money to spend, what could I do for this person to show how much I love them?*
- (4) *Am I purchasing these gifts with my money or taking out a loan (i.e., using credit cards)?*



Depending on your answers to the previous questions, you may discover the need to do more in-depth thinking about your individual beliefs concerning money.

If your individual plan for holiday spending involves shopping 'til you drop, what has been your financial outcome in previous years? If you are happy with the results you have always had, by all means, do the same thing this year that you did last year. If, however, you are not happy with your previous years' results, decide to do something different.

Al Riddick is President of Game Time Budgeting, LLC. For more information, visit: www.gametimebudgeting.com

Home for the Holidays



MAKE YOUR HOME READY FOR THE HOLIDAYS WITH EASY, AFFORDABLE DECOR UPDATES

Welcoming friends and family into your home is one of the best ways to celebrate the season. One of the keys to making visitors feel right at home is to be a happy host. So, do yourself - and your guests - a favor and put a little effort into getting your home holiday houseguest perfect.

Since your house will be full with visitors over the holidays, go beyond cleaning and organizing. Adding touches of festive decor will create a cozy, welcoming atmosphere, and if there are do-it-yourself projects still

on the to-do list, now is the best time to finish them. Not only will your home look fresh and revived to you, but your guests will certainly notice your home's updated appearance.

To get your home ready for hosting holiday guests, follow this room-by-room checklist. Whether you want to tackle one room at a time or do it all at once, breaking down your tasks can make the process much easier.

THE KITCHEN

As the central hub of the home, guests will naturally congregate in the kitchen,

so spend time making small, budget-friendly updates to make the space more comfortable, for both chef and audience.

* A fresh palette: Make an update that will instantly refresh your space with a new paint color. Be empowered to experiment with a bold, food-inspired hue such as coffee date by allen + roth at Lowe's. With its limited wall space, the kitchen makes an ideal place to use a bolder hue for just the right pop of color.

* Details matter: Clear the clutter and make room for all the chef's necessities in your kitchen, making the chef's job easier. Add updated cabinet and drawer pulls as well as a touch-faucet that offers style and ease of use.

THE LIVING ROOM

You'll be spending a lot of time in your living spaces with your guests, so make sure they're decorated in festive spirit and ready to accommodate a crowd.

* Layer lighting: Don't just rely on overhead fixtures. Adding softer ambient light (like wall sconces), task lighting (under-cabinet lights or desk lamps) and accent lighting (such as art lighting or candles) will help set your desired mood.

* Decor details: The mantel is a perfect focal point for holiday decorating. Add some atmospheric scent, color and texture with fresh evergreen garlands and holiday plants. Spray paint terracotta pots silver and gold and plant amaryllis, Christmas rose or rosemary. Or, personalize your display by plac-

ing family photos of holidays past and treasured heirlooms over the fireplace, where everyone can see them.

GUEST ROOMS

Both guest bedrooms and bathrooms should be given extra special attention when hosting overnight holiday visitors. Consider everything a guest might need and then add some little extras to make their experience even better.

* Practical fixes: For your guest bedroom, adding portable lighting like small table lamps will make the room seem friendlier when added to overhead lighting and will keep guests from running across the room in the dark after switching off the lights. Adding a decorative mirror is a much-appreciated touch and takes little effort.

* Comforts of home: Ensure that your guest rooms, particularly the bathrooms, make visitors of all ages feel comfortable. Update your bathroom hardware with stylish faucets, knobs and even grab bars to ensure no guests slip or fall when entering and exiting the shower. New products, like a dual towel rod and grab bar by Moen, offers both style and function to make your guests feel at home.

As important as it is for your guests to be comfortable at your home during the holidays, it should be a relaxing place for you too, and one that you can enjoy long after the holiday season. By preparing your home well ahead of time, you'll be able to focus on enjoying the holidays with your family and friends. -ARA-



for the holidays

As autumn fades and winter draws near, homes begin to reflect the approaching holiday season. For many of us, the cooler weather also signifies a lifestyle change.

In the south, cooler temperatures make this a great time of year for gardening and outdoor entertaining. For northerners, winter brings snow sports and indoor activities. Regardless of your region, you can decorate for the approaching holidays by bringing the beauty of the outdoors in. Use natural elements from the yard and garden to create a festive decor to not only recycle nature's

bounty, but also perk up your home for winter entertaining.

Outside:

In the north, annuals and perennials are done for the year. But, there are still plenty of other ways to add color and interest to an outdoor space. After removing all the remains of the summer flowers, take a long look at the remaining landscape and add focal points.

Is the front door the main area of interest? Feature a lovely evergreen with a light dusting of snow. Solar landscaping lights in containers work

great next to the front door with a spot light angled to accent that beautiful tree. Want the apartment balcony to express a festive spirit? Set the mood and accent the desired focal points by incorporating other creative lighting. Try a string of festive lights across the balcony and evergreens in decorative pots.

Live evergreens of every size and shape are abundantly available in most areas at this time of year. You can easily plant them in yards in warmer regions, or pop them into a container to be placed on the front steps or along the walkway to welcome guests.

Many types of these evergreens are available in most home improvement stores nationwide. Add your own lights for a personal touch. Create your own topiary form by using chicken wire to structure a simple cone shape. Then, simply tuck in some moss or a few branches of greenery. Ask for some discarded branches that have been trimmed from Christmas trees at the local nursery or tree farm. Place your topiary in a large pot and wrap with twinkle lights to welcome guests to the front door. Come spring, transplant these trees in the yard with Miracle-Gro Garden Soil.

Inside:

Invoke guests with fragrances of the season with well-placed potpourri or bits of cut evergreens. Pair the freshly cut boughs of evergreen with holly to accentuate the celebratory atmosphere of the season. Wire them together to

make a garland with florist wire or tape. Then, place on the mantle, hang over the banister or use as a centerpiece for a table. Incorporate fruit such as apples, oranges, lemons, limes or pomegranates into garlands or floral arrangements for a fresh, fruity twist.

Use elements from nature that are unexpected for a splash of creativity. Dried flowers can simply be tucked into the boughs of a Christmas tree for an extra pop of festivity. Nuts are for more than just snacking; add them to the decorating mix for a surprise. Drill holes through acorns, walnuts or pecans and string them into a woody garland. Do not forget to use potted plants for decorating as well. Small live herbs trimmed in topiary forms can easily add a festive feel and fragrance to your home. Potted plants also make great hostess gifts and provide a beautiful bloom all year long.

This holiday season, do not leave the beauty of the garden outside. Welcome guests indoors with bits of the outdoors as fabulous decor. -ARA-





with holiday etiquette 101

You've spent the entire day in the kitchen cooking the perfect holiday meal. But it's an hour before your guests arrive and you find yourself standing in front of the table listening to that little nagging voice inside your head.

Do the water glasses go to the right or left? What side does the knife go on? Should you go ahead and put food on the table before guests arrive, or wait until everyone gets there?

"We hear from so many panicked people this time of year looking for a crash course in how to set the table and proper manners," says etiquette coach Jill Slatter. "Most of us are stretched so thin juggling work, school and home

that we don't have time to sit down together for a proper meal except at the holidays, and then the pressure is on to be perfect."

Slatter is the etiquette expert for Greensboro, N.C.-based Replacements, Ltd., billed as the world's largest retailer of old and new china, silver, crystal and collectibles. Based on their most frequently asked questions, Slatter shares a holiday etiquette 101 crash course that's sure to help you impress your guests.

Set the *perfect* table

Forks to the left, knives and spoons to the right. The sharp side of the knife blade should be turned toward the dinner plate. Only include utensils in your place setting that will be used for the

courses you are serving. “If you’re not serving soup or salad, you certainly don’t want an extra spoon or fork in your place setting,” Slatter says. “Not only will those get in the way and create extra work for you, the extra utensils may confuse your guests.”

The bread plate goes on the left of the dinner plate, glasses on the right.

Wait to pour. Water glasses should



Forks go to the left of the dinner plate.

be the only glasses filled before your guests arrive. Iced tea, wine and other beverages should be poured once everyone is seated. Wine glasses should be filled halfway, not to the rim.

Salad and bread should be the only food on the table when your guests arrive.

Are you the hostess with the mostest? Remember, the hostess always sits last. Passing isn’t just in football. Always pass food around the table counter clockwise to the right and refrain from serving yourself first. Always pass the salt and pepper as a set, even if you’re only asked for one.

Can your guests see each other? Sure those flowers you spent hours arranging for the centerpiece are pretty, but

they will only get in the way if your guests have to crane their necks to see each other. Make sure your guests can look over any table adornments.

Be a *gracious* guest

“There is nothing more disruptive than a cell phone ringing at the dinner table,” says Slatter. “Turn your phone on vibrate, or better yet, don’t even bring it to the table. Holiday gatherings mark the time to enjoy the company of the people you are with, rather than ignore them by chatting with someone who’s not even there.”

Wait for the signal. Your hosts will let you know when it’s okay to begin eating. They may offer a blessing or statement or perhaps start by passing a dish. If you’re not sure which utensil to use with each course, start on the outside and work in toward the dinner plate.

If you need to excuse yourself temporarily, gently place your napkin on your chair to indicate you will be coming back.

Signify you’re finished with the meal by placing your napkin to the left of the dinner plate, and your fork and knife



Always place liquids to the right of the dinner plate.

(continued on page 11)



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(Guests continued)

side by side diagonally across your plate with the sharp side of the knife blade facing inward and the fork tines up.

“Another big question we hear concerns what to do if you accidentally break a piece of the host’s dinnerware,” adds Slatter. “You should certainly offer to replace the broken piece especially if it has sentimental value for the host or hostess.”

Slatter says don’t lose hope if your host doesn’t know the name of the pattern or the manufacturer; you can always take advantage of Replacements’ free pattern identification service.

If you’re still in doubt about holiday etiquette 101, help is just a mouse click away. You can watch more of Slatter’s

tips on Replacements’ YouTube channel. You can also find cheat sheets of place setting guides diagramming how to set the table for various meals at the company’s website, www.replacements.com. *Bon appetit!* -ARA-

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Low Fat Pumpkin Bread

Makes 2 loaves
(16 slices per loaf or 48 mini muffins)

1 Cup plum puree (recipe follows) or prepared plum butter.

¾ cup packed brown sugar

¾ cup granulated sugar

1-cup egg substitute

1 cup canned solid pack pumpkin

½ cup of skim milk

2 2/3 cups all-purpose flour

2 teaspoons baking powder

1 teaspoon of baking soda

1-teaspoon vanilla extract

2 teaspoons pumpkin pie spice

-or-

1-teaspoon ground cinnamon

½ teaspoon salt

½ teaspoon ground cloves

¼ teaspoon ground ginger

¼ teaspoon ground nutmeg}



1 Preheat oven to 350°F. Coat two 8 ½*4 ½* 2 ¾-inch loaf pans with vegetable cooking spray. In mixer bowl, beat dried plum puree with sugars until well blended. Beat in egg substitute and pumpkin just until blended. In medium bowl, combine flour, baking powder, baking soda, cinnamon, salt, cloves, ginger, and nutmeg; stir into dried plum puree mixture until well blended. Spoon batter into prepared pans; dividing equally.

2 Bake at 325°F in center of oven 1 hour (for mini muffins bake for 15 – 20 minutes use a 1/8 cup to measure batter out) until pick inserted into centers comes out clean. Cool in pans 10 minutes; remove from pans to wire racks to cool completely. Serve with fat free cream cheese, if desired.

3 Plum Puree: Put 2 cups (8 ounces) pitted can plums in a blender. Puree. Store left-over puree in a covered container in the refrigerator for up to two months. Make 1 cup.

Note: To increase fiber content use ½ the recipe amount or all the recipe amount with 100% Whole Wheat Flour.

Recipe modified by Annette I. Bell, R.D., L.D. 11/3/11

Lemon Cheesecake

Makes 10-12 servings



Cheesecake in a low-fat, health-conscious cookbook? You bet. Here's a light cheesecake you can eat with a minimum of guilt, since each serving has very little fat and fewer calories than half a sandwich.

Crust

1-cup graham cracker crumbs
2 tablespoons margarine, melted
Or Canola oil

Filling

1-pound (2 cups) low fat creamed cottage cheese
2 Egg Whites or ½ cup Egg Beaters
2 Whole eggs
½ cup evaporated skim milk
1/3-cup sugar
1 tablespoon grated lemon rind (Optional)
1/3-cup lemon juice (fresh preferably)
¼ cup flour
1-teaspoon vanilla extract
Lemon slices for garnish or other fresh fruit garnish

1 In a small bowl, combine the crumbs and the butter or margarine, and press the mixture into the bottom of a greased 9-inch loose-bottomed or spring-form pan. Place the pan in the freezer while you prepare the filling.

2 Preheat the oven to 300°F

3 In a blender or food processor, combine the cottage cheese, egg whites, whole eggs, evaporated milk, sugar, lemon rind and lemon juice. Process the ingredients until they are smooth. Add the flour, and process the mixture a few seconds longer to blend the ingredients thoroughly. Pour the filling into the prepared chilled crust.

4 Bake the cake for 1 hour or until the filling has set. Cool the cake in the pan on a rack. Loosen the edges of the cake with a thin knife before removing the side (but not the bottom) of the pan from the cake. Place the cake on a serving platter, and garnish it with the lemon slices or other fresh fruit.

Smothered Spicy Mixed Greens

Makes 5 servings. Serving size: 1 cup

- 3 cups water
- 2 tsp chicken or vegetable base bouillon
- 1 tbsp hot pepper, freshly chopped (optional)
- ¼ tsp cayenne pepper
- ¼ tsp cloves, ground
- 2 tbsp garlic powder
- ½ tsp thyme
- 2 tbsp onion powder
- 1 tsp ginger, ground
- 2 lbs mixed greens (mustard, turnip, collard and kale)
- 3 tbs canola oil or olive oil (*optional*)

- 1** Place all ingredients except for the greens into large sauce pan and bring to a boil.
- 2** Prepare greens by washing thoroughly and removing stems.
- 3** Tear or slice leaves into bit-size pieces.
- 4** Add greens to seasoning stock. Cook on medium heat for 30 minutes or until tender.



Recipe modified by Annette I. Bell, R.D., L.D
Source: Heart-Healthy Home Cooking: African American Style
NIH Publication No. 97-3792; September 1997

Good For You Cornbread

Make 10 servings.

Healthy Cooking Tips:

- Use 100% whole wheat flour to increase the fiber content
- Use ½ cup of egg beaters for each egg to decrease the cholesterol content

- 1 cup cornmeal
- 1 cup flour
- ¼ cup sugar
- 1 tsp baking powder
- 1½ cup buttermilk, 1% fat
- 1 whole egg
- ¼ cup canola oil
- 1 tsp canola oil (or nonstick spray coating)



- 1 Preheat oven to 350 F.
- 2 Mix together cornmeal, flour, sugar, and baking powder.
- 3 In another bowl, combine buttermilk and egg. Beat lightly.
- 4 Slowly add buttermilk and egg mixture to the dry ingredients.
- 5 Add ¼ cup of canola oil and mix by hand or with a mixer for 1 minute.
- 6 Bake for 20 to 25 minutes in an 8-inch greased baking dish. Cool.
- 7 Cut into 10 squares.

Source: Heart-Healthy Home Cooking: African American Style NIH Publication
No. 97-3792; September 1997

Modified by Annette I. Bell, R.D., L.D. Revised: 8/10/06

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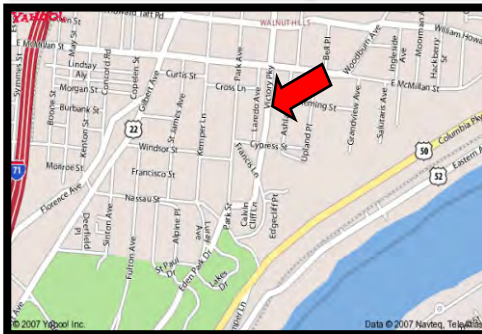
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